



Flagstaff Local Motion

**Get your health on track!
Join the Flagstaff Local Motion!**

Get on the right track in 2017. Check out the low-cost or no-cost ideas below to let off some steam and get moving!

The City of Flagstaff

Recreation Department offers a variety of recreation programming including: programs for adults, kids and families at the Flagstaff Aquaplex and Hal Jensen Recreation Center, ice skating at the Jay Lively Activity Center, and activities for seniors at the Joe C Montoya Community and Senior Center. Additionally, Flagstaff has 24 parks, two disc golf courses, and the Flagstaff Urban Trail System.

<http://www.flagstaff.az.gov/index.aspx?nid=11>

Coconino County Parks and Recreation

offers programs for adults and youth that encourage them to get moving and get outdoors. Programs include archery, summer camp, mountain bike camp, hiking and more.

<http://coconino.az.gov/RecPrograms>

Native Americans for Community Action (NACA) Wellness Center

offers low cost health classes, group fitness, personal training, and food demonstrations. Living Lean is a 10-class series geared towards fat loss. Superhero Fitness and Nutrition is designed to help families learn healthy habits.

<http://www.nacainc.org/wellness-center/>

North Country Healthcare

offers "Step Into Health" a monthly walking club available to everyone, at every pace. Groups meet at NCHC on 4th Street and walk for about one hour. If interested in joining, please email Julio Quezada at jquezada@nchcaz.org

Northern Arizona University

recently opened the North Campus Athletic And Recreation Complex. This facility offers memberships and day passes for community members.

<http://nau.edu/Campus-Recreation/>

The Valley of the Sun YMCA

in Flagstaff is a cause-driven nonprofit organization working towards a better family, better community, a better us. The YMCA is dedicated to providing affordable programs and services to benefit people of all incomes and backgrounds in our community.

Thanks to the generous support of those who donate to the Y's Annual Community Support Campaign, financial assistance is available to those who cannot afford the full fee and qualify for assistance.

<https://valleymca.org/join-the-y/financial-assistance/>

Walk the Walk is a local walking group with a goal of having fun, socializing, and walking with a purpose. Treks are generally 3-5 miles in length, usually within Flagstaff City Limits and highlight the Flagstaff Urban Trail System. Walks occur on Tuesday and Friday mornings, with various other walks taking place on the weekends. Please contact Jack Welch at ADILLO@aol.com for more information or to be added to the email list.



**NORTH COUNTRY
HealthCare**

